

Subject: Fwd: Wellness Weekly: Freshest Cargo, Fitness Classes & more!

From: "Miranda Paster" <miranda.paster@lacity.org>

Date: 3/22/17, 9:36 AM

To: s ch; wilmingtinchamber; Russell, Mike; lessisters@lycos.com; Joanne Kumamoto; Ellen Endo

FYI

----- Forwarded message -----

From: **Richmond Main Street** <admin@richmondmainstreet.org>

Date: Wed, Mar 22, 2017 at 9:02 AM

Subject: Wellness Weekly: Freshest Cargo, Fitness Classes & more!

To: miranda.paster@lacity.org

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Wellness Weekly

22, 2017

March

Regular health & wellness updates delivered straight to your inbox!

Creating, increasing access to healthy food, exercise activities and wellness resources.

Freshest Cargo Mobile Farmers' Market ~ Wednesdays



When: Wednesdays, 4pm - 5:30pm

Location: Marina Way & Macdonald Avenue

**Fresh Produce from Local California Farms * Low Prices
CalFresh/EBT Welcome * Market Match**

[Check out what's On the Truck this Week!](#)

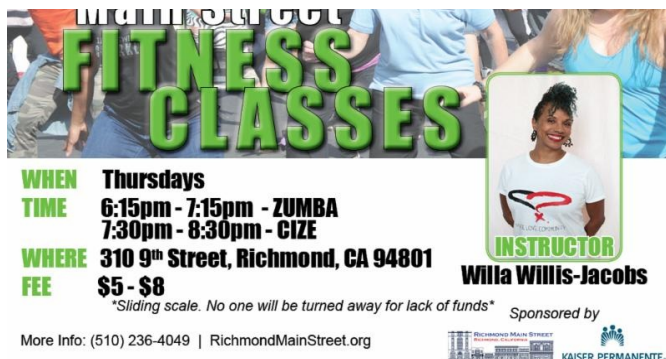
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Main Street Fitness Classes ~ Thursdays

Get Fit & Feel Great with Main Street Fitness Classes!

Certified Instructor * Zumba & CIZE * Low-Cost & Flexible Fee Program





MAIN STREET FITNESS CLASSES

WHEN Thursdays
TIME 6:15pm - 7:15pm - ZUMBA
 7:30pm - 8:30pm - CIZE

WHERE 310 9th Street, Richmond, CA 94801

FEE \$5 - \$8

INSTRUCTOR Willa Willis-Jacobs

Sliding scale. No one will be turned away for lack of funds Sponsored by

More Info: (510) 236-4049 | RichmondMainStreet.org

Richmond Main Street Initiative and Kaiser Permanente

Main Street Fitness Classes Schedule & Info

- When:** Thursdays
- Time:** 6:15pm - 7:15pm - [ZUMBA](#)
 7:30pm - 8:30pm - [CIZE](#)
- Where:** BBK Health & Wellness Center, [310 9th Street, Richmond](#)
 (9th Street @ Macdonald Avenue)
- Fee:** \$5 - \$8 per class
Sliding scale. No one will be turned away for lack of funds
- Instructor:** Willa Willis-Jacobs

Main Street Fitness Classes are made available by Richmond Main Street Initiative and are supported by Kaiser Permanente Northern California Community Benefit Programs.

More Information

Call [\(510\) 236-4049](tel:5102364049) or Email admin@richmondmainstreet.org
 Visit www.RichmondMainStreet.org

[LEARN MORE](#)

Tuck In ~ Healthful Reads & Eats



Cara Cara Oranges
 pink & sweet

[LEARN MORE](#)



Cara Cara & Kale Salad
 Citrus + Super Food

[GET RECIPE](#)

Stop by the [Freshest Cargo truck](#) for these ingredients and more inspiration!

Stay in Touch



www.richmondmainstreet.org

Sharing is caring

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Richmond Main Street Initiative

Revitalizing Historic Downtown Richmond

1015 Nevin Avenue, Suite 105
 Richmond, CA 94801
 (additional entrance at 402 Harbour

P: [\(510\) 236-4049](tel:5102364049)
 F: [\(510\) 236-4052](tel:5102364052)
www.richmondmainstreet.org

(additional entrance at 402 Harbour
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www.richmondmainstreet.org

Richmond Main Street Initiative, 1015 Nevin Avenue, Suite 105, Richmond, CA 94801

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Counting my blessings - Sing and be Happy Today!

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